

Bhairav Kunda Trek: A Pilgrim's Path to Himalayan Serenity

Overview:

Hidden in the rugged landscapes of Nepal's Sindhupalchok District, the Bhairav Kunda Trek is a rewarding Himalayan journey that combines spectacular mountain scenery, authentic Tamang and Sherpa culture, and a deep sense of spiritual connection. Located in the Jugal Himal Region, this less traveled trail leads to the sacred Bhairav Kunda Lake, situated at an altitude of 4,250 meters (13,944 ft), surrounded by the peaceful wilderness of the Himalayas.

Named after Lord Bhairav, a revered form of Lord Shiva, Bhairav Kunda holds great spiritual importance among both Hindu and Buddhist communities. The lake is also known among local Sherpa communities as Ama Chhyumen, meaning "Mother's Pond," reflecting the respect and devotion associated with this sacred Himalayan site. During the annual Janai Purnima festival, pilgrims from different parts of the region travel to the lake to perform traditional rituals and seek blessings.

The trek begins with a scenic drive from Kathmandu into the hills of Sindhupalchok before following traditional mountain trails through charming Tamang villages, terraced farmlands, and beautiful forests of oak, pine, and rhododendron. Along the way, trekkers experience the warm hospitality of local communities, where ancient traditions, Buddhist monasteries, prayer flags, and mountain lifestyles remain an important part of everyday life.

As the trail gradually climbs higher, the scenery changes from green hills and forests to alpine landscapes, open meadows, and high altitude grazing areas. The final approach to Bhairav Kunda offers a rewarding experience as trekkers reach the peaceful shores of the sacred lake, surrounded by rugged Himalayan terrain and magnificent views of the Jugal Himal range.

Unlike Nepal's more crowded trekking destinations, the Bhairav Kunda Trek offers a quieter and more authentic Himalayan experience. The remote trails provide opportunities to connect with nature, explore traditional mountain settlements, and enjoy the tranquility of a region that has remained largely untouched by mass tourism.

The trek is considered moderately challenging, with gradual elevation gain and high altitude walking requiring good physical preparation. Previous trekking experience is helpful, but trekkers with a reasonable level of fitness and proper acclimatization can successfully complete the journey. The combination of cultural encounters, pristine landscapes, and spiritual heritage makes Bhairav Kunda an excellent choice for those seeking a unique adventure beyond Nepal's classic trekking routes.

Whether you are drawn by the sacred beauty of the lake, the rich traditions of Himalayan communities, or the opportunity to explore a peaceful corner of Nepal, the Bhairav Kunda Trek offers a meaningful journey through the heart of the Jugal Himal Region, where nature, culture, and spirituality come together.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Jalbire / Khani Gaon / Pati / Bhairav Kunda / Sherpa Goan / Larcha

Duration: 13 Days

Trek starting point: Jalbire

Trek ending point: Larcha

Grade: Moderate

Transportation: Tourist coach / Local Jeep

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,500 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, September, October and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▯ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

▯ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

▯ **Day 3: Drive from Kathmandu to Jalbire (1,000 m): 80 km | 2.5 – 3 hours**

After an early morning breakfast in Kathmandu, we begin our journey towards Jalbire, Sindhupalchok, covering approximately 80 km in 2.5 – 3 hours via the scenic Araniko Highway. Leaving the valley behind, the drive gradually descends into lush river valleys, passing terraced hillsides, small settlements, and the fast-flowing Bhote Koshi corridor, offering a smooth and scenic introduction to the adventure region of central Nepal.

En route, we make a comfortable stop at Sukute Beach, a well-known riverside destination, where guests can enjoy a relaxed lunch by the Bhote Koshi River. For those seeking an added adrenaline experience, there is also an optional stop at The Last Resort, where activities such as bungee jumping or canyon swings can be arranged on a pre-booked basis, depending on availability and time.

After lunch and any optional activities, we continue with a short drive to Jalbire, arriving by mid to late afternoon. Set amidst peaceful hills and river landscapes, Jalbire offers a calm and refreshing environment to unwind. On arrival, we check into our accommodation and take time to relax before gathering for dinner and a briefing on the activities ahead, marking the start of our adventure in Sindhupalchok. Overnight stay at a guesthouse.

▯ **Day 4: Trek to Chanaute (1,600 m) | 4 to 6 hours**

From Jalbire, we begin our trek toward Chanaute (1,600 m), gradually leaving the Bhote Koshi river valley behind and entering the quieter mid-hill landscape of Sindhupalchok. The trek takes approximately 4 to 6 hours, covering a moderate distance through a steadily ascending trail that connects small rural settlements, terraced farmlands, and forested sections.

The route initially follows local village paths before climbing through scattered hamlets and cultivated fields, offering a close look at everyday rural life in the region. As we gain elevation, the trail becomes more peaceful and shaded, with sections of pine and mixed forest replacing the lower valley scenery. Along the way, trekkers are treated to open views of surrounding hills and ridgelines, with occasional glimpses of the Bhote Koshi valley below on clearer sections of the trail.

Chanaute itself is a quiet hillside settlement that serves as a natural stopping point on this route. It is known for its simple village atmosphere, farmland surroundings, and welcoming local environment. Upon arrival, we settle into a local teahouse and take time to rest after the day's walk. Overnight stay at a teahouse.

▯ **Day 6: Trek to Khani Gaon (2,000 m) | 5 – 7 hours**

Leaving Chanaute (1,600 m) behind, we continue our trek toward Khani Gaon, gradually gaining elevation as we move deeper into the mid-hill region of Sindhupalchok. The trek takes approximately 5 to 7 hours, covering a moderate distance along a steadily ascending trail that connects scattered villages, terraced farmland, and forested ridgelines.

The route follows traditional village paths before entering more secluded forest sections where rhododendron and mixed woodland dominate the landscape. As we climb higher, the terrain opens up to wider views of the surrounding hills and valleys, with a noticeable shift in atmosphere from cultivated lower slopes to quieter, more remote hillside environments.

Khani Gaon (2,000 m) is a traditional Newar village known for its stone built houses, terraced fields, and preserved rural lifestyle that reflects the cultural heritage of Newar communities living outside the Kathmandu Valley. It offers a peaceful and culturally rich setting, making it a rewarding stop after the day's ascent. Upon reaching the village, we arrive at a local teahouse and take time to rest. Overnight stay at a teahouse.

▯ **Day 7: Exploration day in Khani Gaon**

Today is dedicated to exploring Khani Gaon, a traditional Newar village known for its cultural heritage, stone-built homes, terraced fields, and peaceful hillside setting in Sindhupalchok. The village offers an authentic glimpse into rural Newar lifestyle outside the Kathmandu Valley, where daily life, farming practices, and local traditions remain closely connected to the land. We spend the day walking through the village and surrounding farmlands, interacting with locals and observing traditional village activities. There are also short optional hikes to nearby ridgelines and viewpoints, offering wide views of the surrounding hills and valleys in a quiet and undisturbed environment.

A highlight of the day is a short walk to Dalle Pokhari, a small and tranquil village pond located within the Khani Gaon area. Surrounded by terraced fields and natural greenery, it provides a peaceful resting spot and a pleasant break during the exploration.

By late afternoon, we return to the teahouse, allowing time to relax and enjoy the calm atmosphere of the village. Overnight stay in Khani Gaon.

▮ **Day 8: Trek to Forest Camp (3,150 m) | 6 – 7 hours**

Leaving Khani Gaon (2,000 m) behind, we continue our ascent toward Forest Camp, entering a noticeably higher and more alpine section of the trail. The trek takes approximately 5 to 7 hours, following a steadily climbing route that gradually leaves behind cultivated farmland and scattered settlements.

As we gain elevation, the landscape transitions into dense forest dominated by rhododendron, oak, and mixed alpine vegetation. The trail becomes quieter and more remote, with fewer human settlements and a stronger sense of wilderness. Sections of the path open intermittently to views of surrounding ridgelines and deep valleys below, offering a clear indication of the altitude gain.

Forest Camp (3,150 m) is a secluded resting point surrounded by thick forest, providing a calm and sheltered environment at higher elevation. On arrival, we settle into a basic teahouse and take time to rest and acclimatize. Overnight stay at teahouse.

▮ **Day 9: Trek to Pati (3,765 m) | 5 – 7 hours**

Departing from Forest Camp (3,150 m), we continue our ascent toward Pati (3,765 m), entering a higher and more exposed alpine environment. The trek takes approximately 5 to 7 hours, following a steadily rising trail that gradually transitions from dense forest into open ridgelines and high-altitude terrain.

The route initially passes through rhododendron and mixed alpine forest, where the surroundings remain quiet and sheltered. As we gain elevation, the tree line begins to thin and the landscape gradually opens up, revealing wider views of surrounding valleys and distant rolling ridges. The trail becomes more rugged in sections, with grassy slopes and rocky paths replacing the forested sections.

As we approach Pati (3,765 m), the environment becomes noticeably colder and more exposed, with a clear shift into alpine terrain. On clear days, sweeping views of snow-capped Himalayan peaks may be visible, especially during early morning or late afternoon light. Upon arrival, we settle into a basic teahouse and take time to rest after the day's ascent. Overnight stay at Pati.

▮ **Day 10: Trek to Bhairav Kunda (4,250 m) | 5 – 7 hours**

Setting out from Pati (3,765 m), we continue our ascent toward Bhairav Kunda (4,250 m), entering a remote and high alpine landscape. The trek takes approximately 5 to 7 hours, following a steadily rising trail that moves away from sheltered terrain into more exposed ridgelines and rugged mountain paths.

The route becomes increasingly dramatic as vegetation thins out, giving way to grassy slopes, rocky sections, and open high-altitude terrain. Along the way, the trail offers wide views of deep valleys and surrounding Himalayan ranges, with the scenery becoming more expansive and raw as elevation increases. The air becomes noticeably colder and thinner, reflecting the high mountain environment.

As we approach Bhairav Kunda (4,250 m), the landscape opens into a sacred alpine basin dominated by rugged peaks and a glacial lake setting. The site holds strong religious significance for local communities and pilgrims. Upon arrival, we settle into a basic camping or teahouse arrangement depending on conditions, and take time to rest and acclimatize. Overnight stay at Bhairav Kunda.

▣ **Day 11: Sunrise from Bhairav Viewpoint (4,500 m) and Descent to Sherpa Gaon (2,500 m) | 6 – 8 hours**

Early in the morning, we make a short ascent to Bhairav Viewpoint (4,500 m) to witness sunrise over the Himalayan range. The climb takes approximately 1.5 to 2.5 hours round trip, depending on pace and conditions, and is challenging due to altitude. From the viewpoint, the first light of day gradually reveals sweeping panoramas of the Langtang Himalayan range, along with surrounding peaks such as Langtang Lirung, Dorje Lakpa, and other prominent snow-covered summits on clear days.

After spending time at the viewpoint, we descend back to camp for breakfast before beginning our long trek down toward Sherpa Gaon (2,500 m). The descent takes approximately 6 to 8 hours, following a steadily dropping trail that transitions from high alpine terrain into rhododendron and pine forest. As we lose elevation, the landscape becomes greener and more sheltered, with warmer air and increasing signs of vegetation and settlement.

By the time we reach Sherpa Gaon, the environment feels calm and pastoral compared to the high mountain zone above. Upon arrival, we settle into a local teahouse and take time to rest after the long descent. Overnight stay at teahouse.

▣ **Day 12: Trek to Larcha (1,500 m) and Drive to Kathmandu | 4 – 6 hours | 3 – 4 hours of drive**

From Sherpa Gaon, we begin our final day of descent toward Larcha (approx. 1,500 m). The trek takes approximately 4 to 6 hours, following a steadily descending trail that passes through forested sections, small settlements, and terraced landscapes as we gradually re-enter the lower river valley.

As we lose elevation, the environment becomes noticeably warmer and more populated. The trail transitions from quiet hillside paths into broader valley routes, with increasing signs of road access and river activity. The final section toward Larcha follows easier terrain, marking the transition from trekking trail to road head.

Upon reaching Larcha, we conclude the trekking section and continue by private vehicle for the drive back to Kathmandu. The drive takes approximately 3 to 4 hours, following the Bhote Koshi and Sun Koshi river corridors before rejoining the main highway into the Kathmandu Valley. By late afternoon or evening, we arrive in Kathmandu, marking the end of the journey. Overnight stay at hotel.

▣ **Day 13: Farewell and Final Departure:**

The final day in Kathmandu is reserved for farewell and onward departure, marking the conclusion of your Himalayan journey. After breakfast at the hotel, the rest of the time is free depending on your flight schedule, allowing for last-minute relaxation, souvenir shopping, or a quiet stroll through the city.

At the designated time, our team will transfer you to Tribhuvan International Airport (TIA) for your international departure. The drive typically takes around 30 to 60 minutes, depending on traffic conditions within the Kathmandu Valley.

As you leave Nepal, you carry with you lasting memories of the mountains, remote trails, and the warm hospitality experienced throughout the journey. We wish you a safe onward journey and hope to welcome you back for another adventure in the Himalayas.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / lodge / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Gaurishankar Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.